

Boredom Buster Guide

When kids say “I’m bored,” it usually means:

- they need movement
- they need creativity
- they need connection
- they need initiative

Boredom can be a gift if we don’t panic.

Parent Response

Instead of solving it immediately:

“Sounds like a great chance to create something.”

Boredom Busters

- Build a fort
- Create a scavenger hunt
- Make a snack
- Ride bikes
- Draw with chalk
- Water challenge outside
- Read under a blanket fort
- Start a lemonade stand
- Make a movie on your phone
- Rearrange bedroom
- Make bracelets
- Write a comic book
- Plan a family talent show
- Bake cookies
- Create an obstacle course
- Serve a neighbor
- Start a backyard Olympics
- Learn a card game
- Build something from cardboard
- Practice a new skill

Parent Tip

Don’t rescue boredom too quickly. Creativity often begins there.